

BRIDGES

WEDNESDAY, OCTOBER 16, 2013

FASHION:

Accessories and a few key pieces make the man **P. 4**

CITY NEWS:

Playground rejuvenates Mayfair School and neighbourhood **P. 8**

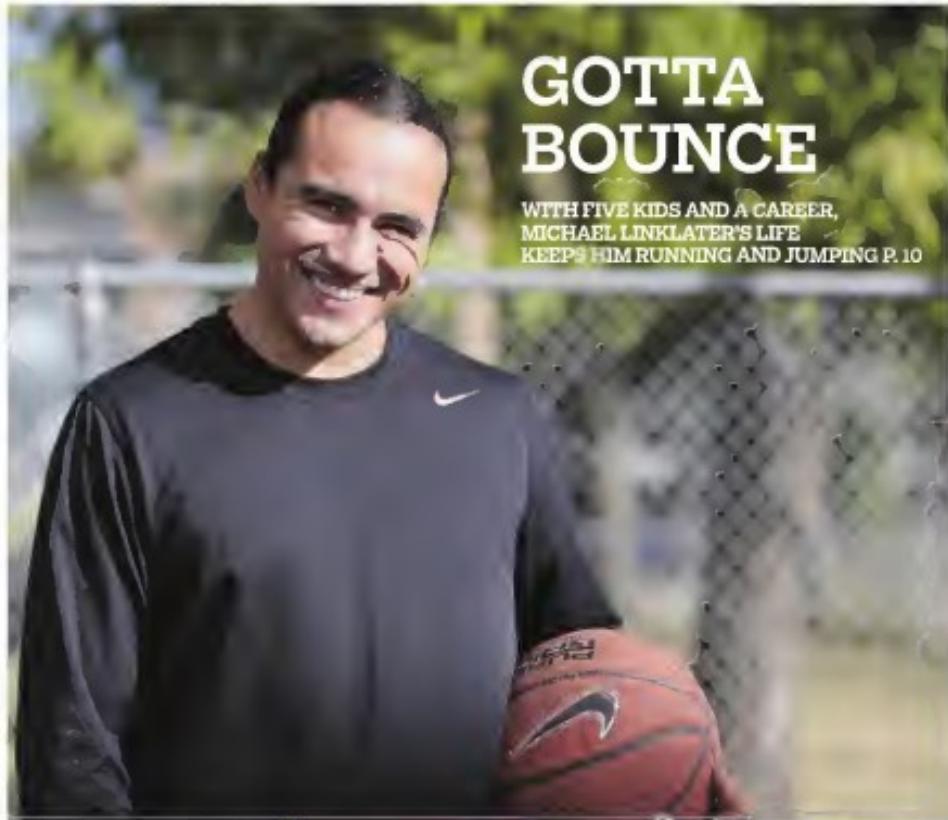
SHARP EATS:

The Saskatoon Inn's chocolate buffet makes a comeback **P. 22**

A STARPHOENIX COMMUNITY NEWSPAPER

GOTTA BOUNCE

WITH FIVE KIDS AND A CAREER,
MICHAEL LINKLATER'S LIFE
KEEP^S HIM RUNNING AND JUMPING **P. 10**



INVENTORY

We want to hear from you! Tell us about your local business.

Email bridges@thestarphoenix.com

NEECHIE GEAR

Neechie Gear ("Gear for Them") is a lifestyle clothing brand that empowers youth through sports.

Owner Kendal Nechaeff founded the Neechie Gear Club which creates and supports sports teams for underprivileged youth. A portion of Neechie Gear's proceeds goes to NSMC.

Neechie Gear Inc. is located in The Corus Mall (2040 Larch St.)

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2. STAY WARM!: Hoodie \$50

3. SPORTS ATTIRE: Men's t-shirt \$32

3. CASUAL STYLING: Women's shirt \$29

5. NEECHIE BABY! \$20

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BRIDGES PHOTOS BY NECHIEE BEING



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ON THE COVER PG. 10



"I feel that I'm always paving the way for a lot of us and carving a better path. We are very humble and have a lot to offer," says youth leader Michelle Leslie, with two of her children. Photos by MICHELLE BERG

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MY FAVOURITE PLACE PG. 7



Jiang Cheng and Zou Gong take an adult English class put on by the Saskatoon Chinese Intercultural Association at St. Paul's United Church. Their favorite place: in Saskatoon. Photos by MICHELLE BERG

CONTINUATION:

The Oct. 9 Inventory feature on Smartprint should have listed owner Lisa Steinkopf's phone number as 306-262-5353. Bridges regrets the error.

BRIDGES COVER PHOTO BY MICHELLE BERG

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FASHION

SASKATCHEWAN FASHION

Vincent King: Family inspired accessories

By Angelina Erniel

Vincent King is used to dressing up. Whether it's a suit and tie at work, worn-fit jeans and a blazer in the evening or a tweed weekend look, the 26-year-old designer never craves creating outfitts.

"It's not just to look good," he says. "I like to put different clothes together to make them work. It represents who you are."

He says the look he wears for the Bridges shoot is perfect for a Saturday afternoon at a cafe with a couple other guys eating a nice lunch.

King's affinity for fashion began in his teens, while growing up in Toronto. He started realizing the importance of reflecting his personal style through his clothing.

"In high school I realized regardless of style, the best thing is to be consistent," he says.

Since King first moved to Saskatoon a couple of months ago, he's done most of his shopping in Toronto. While he's enjoying the friendliness that Simkinson has to offer, he admits he does miss the variety of style he sees and stores he frequents in Toronto. He says it's important for men to have a few good pairs of shoes, a couple classic jackets and quality jewelry. It's easy to accumulate lots of staples.

Jewelry has always been a big part of King's life, particularly yellow gold. His entire family wears gold and he's father taught him how to read and measure a gold chain as a teenager to celebrate important milestones like births, christenings and weddings.

"Ever since I was 15, for some reason, I liked gold. I'd wear a chain watch and bracelet — quite frankly too much jewelry when I was 15," he laughs. "Yellow gold makes me feel attractive. It reminds me of my dad, my grandfather and my family and ancestors."

King always has on a watch chain and pendant, and his favorite Italian coin ring. The bear on the ring is a son of Vitale di Giovanni & A. A 16th-century king who was the first ruler of a unified Italy, King acquired a nameless ring he couldn't source and searched for months before finally finding this one.

"My dad bought it for me, I've always had it ever since," says King. "I always had it on my ring." And he caught the King in his bloodline something he's been open about since he was 15. King is proud of his Irish heritage and has fond memories of his grandfather. He would always sit on his lapna and pretend to beat him and make funny noises when he did his ears.

"My grandfather used to wear one, so I got an Irish hat a long time ago to copy him. I've always had an Irish hat since then."

He advises to other men to do not try too hard, wear what you feel good in, whether it's the lady or not. He also says it's worth spending a bit of extra money on a few key pieces.



Vincent King believes a man's style should reflect his personality. Rebels Photo by Angelina E. Erniel

What's your favourite look for fall?
Email bridges@thestarphoenix.com

Outfit:

1 IRISH CAP:

Mark's White Wool Hat \$30. This one-around four years ago. It was around \$60, but it's really good quality.

2 SCARF:

H&M \$14. "It's a nice spring, summer or early fall scarf; it's nice and light. The colors match a lot of outfitts."

3 CARDIGAN:

French Connection \$100.

4 JACKET:

H&M \$14. "It's a casual jacket and you can dress it up with a nice shirt."

5 WATCH:

Roxys from La Senza \$30.

6 ITALIAN COIN:

R&M Orderd online from Switzerland. "It's an Italian coin ring of Vitale di Giovanni. If from 1663. I love the story on him, he's a pretty cool guy."

7 SUSPENDER PANTS:

Zara \$10. "I'm not tall and I like and soft things so I like that they have suspenders on them."

8 BOOTS:

Avalo. "I was looking for brown high-cut boots — something a bit different."

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

© BARR RAGIN OLIN

[Boiling Point & Cold Cases: More Saskatchewan Crime Stories](#)

I still remember the first murder trial I ever covered — a young woman accused of killing her mother. There were so many twists. The Crown orchestrated a jury of all middle-aged women as the false bags those 12 lay juries would sympathetic with the victim. The defense didn't deny the daughter had plunged a knife into her mother — the evidence was irrefutable — but claimed she had done it in a flashback sparked by trauma suffered in an earlier unresolved violent attack.

Twenty-five years later, I remain fascinated with the crime stories that drive into myriad of layers. And that's what I hope readers will find in *Bleeding Point* and *Cold Cases: More Solved*, each Crime Stories Third in a series of books about true crime in this land using the last century for some stories I'd linger over my desk as a Leader-Post reporter and knew the dust off old notebooks or tapped into the recollections of retired and career investigators. For others, I listened myself to archived calls also, carefully leafing through

Betty Pachon

of the living stem — and deadly tree — each carries off intriguing tales spanning the last century. For some stories I dug under my desk as a *Lake-Post* reporter and knew the dirt off old notebooks or tapped into the memories of retired and current journalists. For others, I immersed myself in archived court files, carefully sifting through

pages of fragile newspaper paper at a decades-old tournament. It measures a long forgotten history. At the National Archives, I find some bumps when I open one box of capital news. Alongside the file for a railroad worker who居然 died a Mass Jaws run to death in 1889 — both victim and killer largely forgotten by history — I spend the original warrant for one local. And I have odd telegrams that condemned one man to death or gave a reprieve to another.

I relish the depth and breadth of the stories — the ingenuity of a con man with the skill of a successful entrepreneur but a soul for deceit, the courage of victims in the face of adversity. The dedicated cop who never gives up on a cold case. The integrity of what people will do to those they profess to love and

or name changes and records can never be different between life and death.

Told in a narrative style, the truth is those tales is often stronger than fiction — murder over a mask belt; so-called "walking stickmen" on a date over a mountain; a homesteader sage due a poor neighbor's sheep, earning money collected for an inevitable impact; and a corpse that lay in a schoolyard for a week.

Boiling Point & Cold Cases More Skotnicki Crime Stories by Berk Skotnicki follows the bestselling Sour Milk & Other Skotnicki Crime Stories and Pecker Coons & More Skotnicki Crime Stories. The latest book is available at [Cochin](http://www.uppress.no/publications/Boiling-Point-and-Cold-Cases), Chapters and online.



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A colorful poster for a PotashCorp event. It features a cartoon princess on the left and a cartoon pirate on the right. The title "Princess & Pirate" is prominently displayed in large, stylized letters. Below the title, it says "Fancy Dress Party". There is additional text about the event being held at the PotashCorp office and details about the dress-up competition. At the bottom, there is a "Thank you Sponsors!" section with logos for various companies.

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IN THE CITY

OCTOBER 10, 2013 — 8:16 P.M.

Playing in the pumpkin patch



Sherry-ann's baby Emma Pratt enjoys her first visit to the pumpkin patch at Peterson Valley Farm in Glendale, 300 Valley Road. MIGUEL LOPEZ/PHOENIX

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

New immigrants find knowledge and more at class



Newcomers to Canada, Jing Cheng and Zixin Gong are improving their English in free classes put on by the Spraklicheren Intercolonial Association at St. Paul's United Church. Photos by John Warkentin

By Angelina Irinici

Just four months ago, Zixin Gong, 21, and Cheng were here. Four years ago, we moved to Saskatoon from China. They are the immigrants who, language notwithstanding, have been the most determined to learn English. The two are enrolled in the free Stage 3 levels 3-4 which King City class part as the Saskatoon International Association, a non-profit that provides services for immigrants and refugees. The couple travel to St Paul's United Church twice a week for the class, where they take advantage of the free class and any service on site. The couple's English class is their fi-

rst class in Saskatoon — they are improving their English and making friends at the same time.

Q. How do you hear about the class?

A. (ZIXIN) We both had our English test at the NSC (Saskatchewan Immigrant Centre). After the test, they gave us a form about all of the English classes in Saskatoon and let us choose one class to our level, and we chose the one nearest to our home.

Q. What do you like about the class?

A. (ZIXIN) When I took the test I found that my speaking and listen-

ing is lower and the reading and the writing is higher. So, I want improve my speaking and my listening. I think this class is improving that and it helps me.

A. (JING) Since we have a group of people here and there are very helpful and friendly students. By smile from improving our English, we've got a lot of useful information such as housing, buying a car, cooking or shopping, anything any aspect, so it's really helpful for us.

Q. How long does your last speaking English?

A. (ZIXIN) We studied English on China, but we use it very seldom.

Q. What have you been finding Saskatoon so far?

A. (ZIXIN) There are many factors I like. The first I should say is a small city. We don't have to drive a car to our destination every day. We can ride a bicycle or walk. We can go to a park and improve our English there. And the people here are very helpful and friendly to newcomers, which is very important for us as an immigrant.

A. (JING) Saskatoon summer is very hot because the temperature is not very hot because in China summer temperature is very hot. And also, I like the blue sky and the green grass. There are many things for children here and our son likes it here.

Q. What's your favorite thing you've learned in class so far?

A. (ZIXIN) We practice speaking and the teacher corrects us, so then we improve and better our English. It's good because we need practice.

(ZIXIN) Per me, off past short time I will feel alone, but when I come to the class I meet many friends and my teacher. He knows some Chinese so sometimes, if I can't express what I'm trying to say I will use Chinese with him because he understands me and feel very happy.

We went to the Foresty River just a field trip. It was very nice and we took many pictures.

CITY NEWS

MAYFAIR

Neighbourhood invigorated by new playground

By Jenn Sharp

If you build it, they will come. A new play ground for Mayfair Community School is a sign of rejuvenation for members of Saskatoon that welcome more new families every day.

School still rentals the playground was erected two years ago. The structure at the time was old and becoming unsafe, and had been condemned. It was easy to envision what a new playground might look like, but once they got the older students involved in the discussion, their vision changed considerably.

Mayfair's acting principal, Anna Pano says they had been discussing as the younger grades mentioned they were the ones who would use a new playground the most. When she approached her Grade 1 and 2 students, however, they were eager to contribute.

"They had some really good ideas that were all basically double kinds of things but that they could put their own stamp on," she said.

Former principal, Deryl Makin says the students don't take anything for granted. It's this attitude that motivated him to get the playground project started.

"Everything they do for them is appreciated," he said. "The parents and community want to do what's best for the kids here, even though they don't always have the resources to do what they would like to do."

Mayfair's Home and School Association was functioning through bake sales and other community events, but Makin found it would be difficult to raise the money they needed. The Saskatoon Public School Board required Mayfair School to raise a minimum of \$10,000 before it could make a matching donation.



Volunteers from Suncor and the community help put the final pieces of Mayfair Community School's new playground together for the students. Editors photo BY MICHELLE RING

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ON THE COVER

I've broken down every single stereotype just being me. — Michael Linklater

MICHAEL LINKLATER

Breaking records and stereotypes



Michael Linklater at Penman Hill Community School with his children (from left) Answer, Draven, Mikayla, Geronine and Damon. photo by EWTOR/MICHAEL LINKLATER

By Angelina Iannici

Maria Linklater's memory is as credible. The date rolls off her tongue: Oct. 7, 2010 at 120 a.m. She describes the way the train came to a stop in Thunder Bay Oct. She re-

members the way the white smoke billowed from the stack, but when she re-enacts the mood is the way she felt.

"About two hours before, it felt like flying. I didn't have any feelings in my feet. All I had was a sore back

panel to get to the train station."

She and her husband Walter were searching to pick up baby Michael and raise him as their own.

Maria went through great lengths for that. After Maria's sister gave up her children to adoption or las-

ter care, she had been tirelessly searching for her sisters and nephews — she scratched her contact information on bathroom walls and left notes on the Greyhound buses, "just in case."

She found addresses for adoption agencies in the United States and wrote to them.

One day Maria's name called from a home for unwanted mothers all the way from Trenton, N.J. She told Maria she wanted to give up her baby for adoption.

He was a leader on the court and he had exceptional skills. Off the court, he was also a leader by example and practising a positive lifestyle. — Eugene Arcand



Walter and Merna Ledertert look through an album of Michael's photos. —Photo by Michael Klym

"I told her 'Don't give up your help. I will raise your baby and put it to good use of your help,'" explains Merna.

Thirty-one years and a move to Steinbach later, Michael Ledertert has put most to raising his mom, hard up and down the last 30 years. He was born after his first young child died. He used to constantly run to and from Mount Royal High School, where kids called him "Pissin' George" (he would urinate two ways while walking) with a toddler he had found. Nurses and doctors would come to the school to demand to remove them off the backpack.

Today, Michael is running away — his running late. When he looks through the window of a downtown outlet shop, he notices (if you know Michael, you know it's a price-slashing, run-to-exit, simple end-of-the-ride). He waves and waves to his self. He's a different man in a sharp brown sweater that's still cheap from the racks and his long hair is slightly frayed. He carries a green Gatorade bottle. He sits down and looks far across the mall table in my bar.

Story starts long before he was born.

Michael's mother made a deal with the Creator like everyone received a previous abortion and promised to keep the child if she were to get pregnant again — no matter her condition. She struggled with drug and alcohol addiction, went to residential school and was a product of the "sixties" society, a now-discredited effort to place abandoned children in non-parental foster or adopted homes.

With Michael's mother in Pysden, K.D., the adults were absent from both his grandparents' died of alcoholism. When he grew up, his best friend Kevin Macmanus was murdered during a fight. He only obtained a half brother — who lost in death over a bottle of alcohol. Michael discovered alcohol was the common denominator. For all these instances, as when he was 18 days old, Michael made a pact with himself to never experiment with drugs or alcohol. At 30 years old, he can still proudly say he's never tried either. Not even once.

Continued on page 12

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It was a big moment (in Michael's final year) when we both got on the same page and we understood that we both wanted the same thing. — Greg Jockims



Team captain Michael McLean kisses the championship trophy after leading the University of Saskatchewan Huskies to victory over the University of British Columbia Thunderbirds to win the Canadian men's university basketball championship in 2010. **Russ Hitter**

"I did it for our people—so they had something to look up to... my people can't say all Indians are drunks."

He'd heard stories from other stereo types of his people and he wanted to disprove those stories. He wanted to succeed. When Michael has an idea, he makes a point of saying "I am" instead of "I will."

"I had that little fire burning inside my chest. And every time somebody

said no I wouldn't do something, I turned that word into a log or a pile of wood and I just put it on top of fire. Soon enough I had enough dryness and non-burners and barren, I had this raging fire inside to succeed."

It worked. After picking up a ban for the first time in Grade 4, Michael set three goals for himself: to play basketball professionally; to play for the University of Saskatchewan at the university level. He did all of

those things and while discussing his basketball career he makes something. He's currently competing in the final goal: to set himself as a paving step to play for Team Canada.

He's part of a team from which qualified for the Ted world tour tournament. Since his team is the only one from Canada to qualify "we are actually from Canada," he says proudly.

The team travelled to Thailand earlier this month for the tournament and made it to the quarter-finals.

Since the day Michael arrived by airplane from Thailand his cookhouse, Chochek, has served Maria and Walter his mom and dad. When he was 18, he legally changed his last name to match theirs. He's never met his birth dad. His birth mom, Michelle, after she's been drinking, and tells her to not drink when she's sober. She rarely does. Maria remembers Michael has always been very strong-willed and generous. She fondly recalls a time when Michael won a traditional dance competition and gave half of his cash prize to an older spectator.

Upon arriving home, Michael also gave money to Maria and Walter and other young kids living in their house.

I did it for our people so they had somebody to look up to ... now people can't say all Indians are drunks.

—Linklater

"I taught them to be kind," Maria says. Michael says it was important he had two parents to call from real-shit who were home every night. Maria and Walter are respected elders in the community and he says he learned from watching them put others before themselves.

"It inspired me to grow up and help people in any way that I could," adding that he wants another goal.

Today he's a drama teacher for Saskatchewan First Nations sport and recreation — he is a member of the Saskatchewan Indian Sports Hall of Fame and recognizes an athlete and a leader when he sees one. His non-native reading about Michael during Michael's high school basketball days and wanted to meet him. At first he observed Michael on the court.

He was a leader on the court and he had unspoken skills. Off the court, he was also a leader by example and generating a positive lifestyle," he says. Around, what also calls Michael "Church," often asks him to speak to Aboriginal youth at special ceremonies.

He says it only takes about half an hour until they gravitate to him. "By the end, the young people have a new hero." He says he believes the Creeper park lifted people on Mother Earth to set an example. He sets Michael as one of those people.

"He'll be a leader when the tribe comes. He's a leader right now ... but at some point in time I can see him being a considered leader of our people."

Continued on Page D6



"Once you start believing in yourself it's about a matter of you take about you." (MICHAEL ARMENT)

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I had this little fire burning inside my chest. And every time somebody told me I couldn't do something, I turned that word into a log or a piece of wood and I just put it on my fire. — Linklater

Michael Johnson, when he talks, he grabs the Gatorade water bottle and squirts water into his mouth as if he's on the basketball court. He's aware that he shifts his weight back and forth. He also has a difficult time remembering what school, perhaps, it's due to his mother's drinking while he was in the womb, he explains. It took him an extra year to complete high school and he says it's likely he wouldn't have gone on to postsecondary school if it weren't for basketball. He first went to a college in North Dakota, followed by one year at the University of Saskatchewan and two years in Alberta. He then went back to the U of S for his fifth and final year. During his first season of the U of S he and then-coach Greg Johnson landed heads.

"I asked my opinion, 'Is it?'" Johnson laughs.

"He was one of the last to manage great athletes and strong personalities," says Johnson. "It was a big commitment [on Michael's part] early when we both got on the same page and we're so dedicated that we both worked the same thing."

As captain, Michael led the Saskatoon basketball team to its first ever national championship. Johnson says in addition to always pushing himself to be the very best, his leadership was his biggest strength. He says that Michael had a "fatherly" influence on the team and his "warrior mentality" had others following him. Not to mention, he had technical skills — his "intensity," decision-making, "scary" decision-making.

He was managing four kids at the time we were playing. He was able to keep all the balls in the air, says Johnson of Michael's remarkable response abilities. "The respect that his team mates had for him grew as a result of all the things he had to control and deal with."

Now Michael is working with a non-profit creating a basketball program called Prince Basketball. He wants to make sure everyone feels included in sports, because as successful as Michael has been as an athlete, he admits that he dealt with racism in sport and to overcome everywhere else.

Even now he says he has his approach to long in mind.

"... As bad as that sounds, somebody will think I'm just there to steal or

whatever interests you anyway."

If there's one belief, a strand of his beliefs out of place, it looks like I don't care of myself. It's a sad truth. They may look at me differently, which I've come to understand and accept.

Maria and Walter made a point of introducing shamanic culture, customs and traditions to their children at a young age. Michael says he's always had a strong identity and is proud to be shamanic. A big part of that is his hair. Michael has never cut his hair; he wears his long hair with pride. There was a time when he wanted to cut his hair, having poor heat pulled and being called a girl in rough.

But as a young boy, he longed for and a friend taught him a lot — humility, respect and pride. And compassion as well, because you know how it feels to be teased.

He's been afraid of his two boys who are going through that right now. Avery, 6, is beginning to understand, and he's still working with Dennis, 8, teaching him what it means to be a boy with a heart.

Michael teaches his five children to believe in yourself, stay true to yourself and most importantly to have a voice. He smiles often when he talks of his children that oldest isn't blood related, but they sound from the womb over and looks nervous when he talks about his seven-year-old daughter starting competitive dance. He and the mother of his children are no longer together and he understands it's difficult for his children. That's why it's vital for him to spend as much time with them as he can.

While he says his children are his biggest accomplishment, there's one more thing he'd like to do. He would go back to school and get his master's degree in Native Studies so he can continue to educate others about his culture.

He looks up in the ceiling and his words come out slowly. "I feel that I've been paying the way for us and carrying shamanics. I think I've dealt with enough in the sports field and I've made deep enough roots in neurobiological consequences that they see we have respectable people. We are very humble and we have a lot to offer."

"We break down every single stereotype just being me."



Michael Johnson teaches his children integrity, self-worth and that it's important to have a voice. Here, he plays basketball with his daughter Dawson at Pleasant Hill Community School. ROBERTS PHOTO BY MICHAEL LE BORG

NEXT WEEK: What was the most memorable part of your labour/birthing experience?
Email bridges@thestarphoenix.com

PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

What tips or advice can you offer other parents on potty training? Did you try the three-day method?

"My son was a handful with potty training; I found that bringing him to the potty every hour whether he needed to go or not was the trick. Eventually he had to go so he did and when he did get a small prize. Good luck!" — Sherry MacLean

"What worked for me was losing all motivation. When an incident, clean it up and say — no. Not at all. I went through every emotion before discovering this and it truly seemed to click for my daughter." — Kelly Davis Potts

"We made it a priority time with my oldest daughter. We put food coloring in the toilet and Christmas, and then went to a family event where there was a lot of dancing and stickers all over his arms." — Jennifer Edwards

"We had more than 20 accidents training my first. I took Kelly's advice: ignore the accidents and praise the successful ones! She's potty trained in two days." — Alyson Scheer

"I had the three-day method and it worked fine; same! There was lots of accidents for the first day and half, but halfway after that and almost since the third day plus we lived in the kitchen so I only had to clean up on the bathroom." — Alyson Scheer

"We used the three-day method and it did not work. Our physician (Dr. Dennis) gave us advice at the time. We were consistent and excited and positive and it STILL didn't work. We tried it at and a couple months later (and many, many accidents) it just clicked." — Shavonne Stoeness-Naha

"We used the three-day method and even though it cost longest (longest days), I agreed with the physician, no P&G. Up to night, no pants anywhere but the bathroom and on training pants just one pull and often her diapers. We ate yogurt we old?" — Cheyenne Denecle

"The three-day method should work, stick to it. I tried that when we had our first child 2 1/2; he would only potty train if it was hard at first but when he got it, there was no problem." — Cheyenne Denecle



I used a very simple and happy incentive: Good job stickers on it." — Dennis Brown

"The best thing I did was quit trying! It was a night many years ago I realized I wasn't getting anywhere and decided, 'Well, let's just try it back two nights' and I never had a problem since. And right there was the answer." — Alyson Edwards

"I trained my older son Jack in one day when Sherry was the last to have our son born. I've seen Sherry (my mom) could call her son home at home in her Blency room. When he made a poop in the potty my son would get re-soaked. He was always saying 'I need those two so Sherry would be happy.' — Cheyenne Denecle

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SHANTEL ADAMS

Award-winning country singer getting radio airtime

By Angelina Erniaci

Shantel Adams is putting the love back into country music. The 34-year-old singer and songwriter believes in encouraging positive, real-life messages with her music. She says one of the biggest reasons she became a song writer is to promote family values and real situations rather than some of the "bad message gettins spread through media today." She incorporates Christianity into her music, but does so without "beating it over your head," she says.

Adams was born and raised in Saskatoon and started writing music in high school. It all started after she convinced her mom to allow her to take guitar instead of physics in her school elections.

"For a minute there I just loved music and started writing lyrics in my school class and I listened to a lot of music as a child," says Adams. "I got into country when I was around 13 and listened to a lot of pop before that but I've never sort of been an initiation of a lot of different types of music."

Her biggest inspiration is Terri Clark, who Adams says was a "key factor" in inspiring her move to Nashville.

"She was just like me and I think just as green as me," says Adams of Clark's move from Medicine Hat, Alta., to Nashville. "Time after grad school."

Adams followed suit, and at 18, she moved to the heart of country music. She spent the first few years going home and finding mentor Shania Twain. Now she's helping settling those permanently in Nashville.

"There was very many of first that everybody you start to get to know know people and they're everywhere so it's pretty easy to find them. There's a phrase, 'If you throw a stick you'll hit a songwriter in Nashville.'

Adams still visits home often and a lot of her inspiration comes from Saskatchewan. Her first single, "Christians Be Careful," Mag, is about

singing Christians at home with Tim Morrison, Jasey and Paul Trebil. Her July visit to Saskatoon inspired her to write a song after a day of golf with her parents.

Her newest single, "Modern Woman" (Available for an the Purchaser Level) is complete with a music video and is part of her first full length album, *My Crystal Ball's Broken*, which was released in late 2012. The song was just added to the CJWW play list and is being played on at least one radio station in each province. Adams, who always listened to the radio while delivering pizzas, says that hearing her songs on the radio gives her feelings of validation.

"We think that my song is new to the mix, it's pretty cool. I was really happy to hear it."

She's had quite a bit of success especially as a songwriter. She's a three time winner of the Tennessee Songwriter Association Internation's songwriter of the year award. In 2009, she was the association's most promising female songwriter of the year and in 2010 she won the Gold Nugget song of the year for the song *In My Bible*. A Gold Nugget is given to the songwriter whose song got picked up the most that year. It was recorded by three different artists including the Grammy nominated group The Sadies alone.

"It's a big honour because it makes me feel good knowing people like my song," she says.

Her biggest goal is to write either Blake Shelton or Terri Clark's next hit single.

When Adams first moved to Nashville she focused on both singing and songwriting and although today her energy is put toward writing, she will always be singing.

"None of I never got a major label deal I would still like to do whatever I can to put out my own songs and sing my own songs. I may never end up playing for 30,000 people in an arena and that's OK. That's not my thing anyway. I like to connect with people more directly in smaller venues."



Country songstress Shantel Adams promotes family values through her music. JEFFREY TAYLOR PHOTO

HEALTH

Seniors in long-term care have high risk of head injury: study

By Sheryl Ubelacker

Seniors living in long-term care facilities have a high risk of falling, and many of those who take a tumble end up striking their heads, a study has found.

Polls suggest for more than 10 per cent of hospital admissions for traumatic brain injury to seniors over age 55, and the incidence is on the rise, especially among those over 80, researchers say.

In a study published last week in the Canadian Medical Association Journal, researchers at Simon Fraser University analyzed video recordings of 200 falls among 120 residents at two long-term care homes in British Columbia. Video cameras had been set up in such public areas as hallways and kitchens to capture falls among residents.

The researchers had previously studied what caused residents to fall, so they knew what "how" they fell — in other words, the physical mechanics — and what part of the

body took the brunt of impact.

They found that in 20 per cent of falls, people hit their heads — and contact with the ground — and contact with the ground — and contact with the ground — and contact with the hands, but that had no effect on risk for head injuries.

Resident heads struck the ground in 10 per cent of cases, while 25 per cent struck their head against a wall and 16 per cent onto furniture.

One third of those who banged their heads as the result of a fall were diagnosed with an injury ranging from cuts and bruises to fractures.

Surprisingly, there were no consciousness impaired, said Rubin, which has noted it can be difficult to detect consciousness impairment like memory impairment from time lag symptoms caused by dementia.

Most people tend to throw out their heads and arms in a bid to break a fall and limit injury — and the same was true of seniors videotaped during the 30-month study.

"We're seeing that people continue

to do that, but it's not successful in these older adults," he said. "One day from Vancouver — three-quarters of the time they contact the ground with the hands, but that had no effect on risk for head injuries."

The fact that residents threw out their arms as they fell shows their protective reflexes remain intact, but their inability to change the outcome of the fall suggests their muscles are no longer strong enough, he said.

And that's something that we can improve across the lifespan (not everyone). We can even improve it in 80 year old individuals, not that may give them the ability to... arrest the fall and prevent the head from striking," he said.

Altering the environment can also help curb falls. Besides creating fall-free triams, taking a spill so smooth for 10 per cent of debilitating and potentially life-shortening hip fractures.

Typically, most falls in long-term care homes are caused by hard



Residents in long-term care facilities have a high risk of falling and striking their heads, a study suggests.

PHOTOGRAPH BY GREGORY DUNN FOR THE STAR

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Nuts About Nature At Beaver Creek Conservation Area



Hi there! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Become a family Nature Activity Hat-Pair and have fun in the great outdoors!

Guess what? You can send your questions to me at the address below!

Dear Chip,
How do badgers survive the winter? Farrah



Badgers, just like skunks and chipmunks, enter into a state that humans call torpor which is different than hibernation. When you look up the definition for hibernation it is defined as entering into a torpid state (sopor). But when trying to figure out what animals truly hibernate, most human sources say that of Beaver Creek this would only include ground squirrels, frogs and snakes. During spring a badger's body temperature and heart rate will rise. This conserves their energy so that they don't need to eat as much and they don't use up as much of the body fat they have stored. The main difference between true hibernation and torpor is time. Ground squirrels will hibernate for many months. A badger will be torpid for many hours at a time (20 or more), before they need to warm themselves, move about, and find something to eat. They will stay in their den on the coldest days and rest the time away.

Send your questions to me at the address below, then watch Badger for the answers.

Your pal, Chip

Palmer Lake Animal Rescue Society
1414 Palmer Lake Highway
Beaver Creek, MT 59011
1-800-333-4555
PalmerLakeAnimalRescueSociety.com
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ON THE SCENE

SCAT DINNER FUNDRAISER



ON THE SCENE

SCAT DINNER FUNDRAISER



SCAT Street Cat Rescue hosted a dinner fundraiser event at Bistro Ultimo's on Oct. 8. The 26 supporters at the event enjoyed dinner and a silent auction, with the total \$10,600 raised. The rescue, which was started in 1997, is a no-kill shelter run by volunteers that saves and bathes feline felines. Sixteen kittens were adopted.

About \$3,600 was raised, all of which will go directly towards veterinary care and fostering costs for the roughly 150 cats SCAT places with foster homes until they are adopted.

SCAT is always in need of foster homes, volunteer and donations. Call 306-958-1728 for more information.

MR. DOUGS PHOTOS BY MICHELLE BERG

Authentic Amish Cooking



COURTESY IMAGE OF AUTHENTIC COOKING

Mashed Potato Casserole



2 C. Ham, cubed
3 C. Velveeta Cheese, cubed
2 T. Worcestershire Sauce
3/4 t. Pepper
3 cans Cream of Mushroom
3/4 C. Onions, cooked in 1/2 C. Butter

Mix all together and place in large casserole.
6 oz. Mashed Potatoes, 3/4 C. Sour Cream
Put mixture with sour cream on top. Place on top of meat mixture. Top with Onion mix.
Bake at 350° for 1 hour.

Old Fashioned Jelly Roll



1 1/2 C. sifted Flour 1/2 C. Sugar
1 1/2 Baking Powder 1 1/2 T. Vanilla
1/2 t. Salt 5 Eggs
1 jar Jelly (any flavor you prefer)

Heat oven to 350°. Grease and flour two 9x13 inch baking pans and cells around or, heat or don't heat. Add vanilla heat. Pour cake in a mixed paper lined cookie sheet. Bake at 350° for 15 to 18 minutes. Before cake is completely cooled, remove from pan and roll it in waxed paper. Cool the cool cake and remove wax paper. Sprinkle with cake. Then roll back up. Slice and serve.

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GARDENING

WINTER GARDENING

Starting a windowsill herb garden

By Erl Svendsen

One of my guilty pleasures in winter is watching cooking shows on TV. It's not the host plan for doctors, but if you love to cook, it's a great place to get inspired and to update your recipes. One of my favourites is celebrity chef Jamie Oliver. He's never short of fresh herbs that he simply grows from his window gardens. Who does that?

Well, actually anyone can. It really takes a lot of time to plan, a few materials, plus a dash of TLC. What you'll need: containers with drain age holes, planting media, suitable plants and a suitable location.

I recommend planting each herb variety in separate pots. Otherwise, signature plants, such as basil, will grow so quickly and dominate the site to all the same for uniformity is difficult to create an eclectic look. Unashed tomatoes will dry out faster than glazed or plastic ones. Regardless, one approximately the same size (7 to 10 cm diameter) container for each of main leaves and cuttings.

Choose a soilless or peat-based sterile medium to avoid introducing insects and soil-borne diseases. Moisten the media before filling your pots to within a half inch of the rim. If you're starting from seed, scatter a few seeds on the surface and cover with a thin layer of media. Cover with plastic wrap to keep the soil surface moist, but remove the cover as soon as seedlings begin poking through.

After that, water as required to keep the media moist, but not wet. Feed your plants on alternate weeks with a half strength complete fertilizer solution (such as 10-20-20 + micronutrients).

Many herbs prefer Mediterranean-like conditions — bright light, salt-tolerant, temperate (not cold frosty), dry (not moist) and good humidity. If you can't provide these, then as long as you give them shelter from the harsh winds, a single protective covering like a frost cloth or a plastic sheet will do the trick.

Glass is a poor insulator as on the coldest days plants next to the glass can be damaged from frost in freezing temperatures. Therefore, keep leaves at least a couple of inches away from the glass. And avoid trap plants between the window and the captures.

To keep year-old plants and to make harvesting easier, pull all your pots in a large tray rather than individual containers. You can add water to the tray allowing pots to draw up water through their drainage holes. (But you'll need to be able



Rosemary and basil are two of the many herbs that will enhance your cooking and are easy to grow in the winter months. PHOTO COURTESY LEE SEAN MAHIN

to drain excess water as plants don't sit in water for longer than an hour. To increase thermal heat around the plants add a layer of general and horticultural wool just below the top of the gravel.

Fungus gnats are one of the main pests of indoor gardening. They spend most of their life cycle in the soil as tiny white wormlike maggots, emerging as tiny flies to mate and lay eggs on the soil surface. As long as their main food source (decaying plant material) is available, they cause little damage. But if maggots

invade, they start attacking on live roots, reducing plant vigour and growth. The little flies themselves are mostly just annoying. Remember that you'll eventually end up among these plants in your cooking so eat your fungicide. However, a dilute hydrogen peroxide solution (1 part peroxide to 4 parts water) is a relatively benign but effective control option. Seeds at this time of year may be difficult to find in stores, however, it's worth the stop at your local nursery garden centre or farm supply. Mail order and Internet shopping are your other options.

This column is provided courtesy of the Sunatchucks Preschool Society (sunatchucks.org) and Lee Svendsen (lsvendasen@juno.com).

UPCOMING EVENTS

• Made in Red Rocktober Oct. 20 7:30 – 10:30 pm St. James Anglican Church, 6071 120th Street • Fall Foliage (www.fallfoliage.ca), U of B Street specialist, presents near cherry blossoms and other introductions from the University of Saskatchewan.

CANADIAN SEED SUPPLIERS:

- www.1000seeds.com
- www.wildseedfarm.com
- www.johnnyseeds.com
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RECIPES

Italian-style hummus with diced tomatoes

By J.M. Hirsch

What would happen if hummus had been invented in Italy, rather than the Middle East?

I decided to answer the question for my self with this simple reimagining of the classic chickpea puree.

And it's not as different as you might think. Many of the same flavor profiles can be found across both Italian and Middle Eastern cuisines. Which makes sense given relative geographic proximity from the ingredients and techniques have come from ground.

Hummus make generous use of chickpeas and tomatoes — both essential to this dish. However, in the case of chickpeas, Italians tend to use them more often in soups and pastas than in spreads.

And when they do make spreads they often reach for other beans such as fava. And while traditional hummus relies on tahini (ground sesame seeds) to add richness, Italians probably would be more inclined to reach for pine nuts. Do with those substitutions as usual; I created this dish

close Italian-style hummus topped with diced tomatoes spiced with basilico via egger.

ITALIAN-STYLE HUMMUS WITH DICED TOMATOES

This hummus is delicious as a spread served with crackers or baguette slices or turned into the base of a dipper. For that, smear a hefty serving of the hummus over a lightly toasted slice of sourdough bread, then top with either lightly sautéed grilled chicken breast or roasted vegetables.

Start to finish: 35 minutes
Serves 4

- > **15-minute sun-dried tomatoes** or other white beans drained and rinsed
- > 1 clove garlic, peeled and divided
- > 1/2 cup pomegranate
- > Best and juice of 1 lemon
- > 1/2 cup plus 1 tsp. chopped fresh basilico
- > 1/3 cup extra-virgin olive oil, plus extra
- > Salt and ground black pepper
- > 2 large tomato about
- > Basilico vinegar

2. In a food processor, combine the beans, half of the garlic, pomegranate juice and pomegranate seeds. Process until chunky smooth.

3. With the processor running, drizzle in the olive oil until the hummus reaches a smooth, silky texture. Taste, then season with salt and pepper and set aside.

4. In a bowl, toss together the tomatoes, the remaining 1 teaspoon of basilico and the remaining garlic. Then season with salt and pepper.

5. Spoon the hummus into a wide shallow bowl, using the back of the spoon to form a cavity in the centre.

6. Spoon the tomatoes into the cavity in the hummus. Gently slide all the tomatoes and hummus, then spread with a few drizzles of basilico vinegar.

Nutrition information per serving: 300 calories, 200 calories from fat (70 per cent of total calories), 20 g fat (15 g saturated, 0 g trans fat), 30 mg cholesterol, 30 g protein, 3 g fibre, 6 g sugar, 11 g protein, 250 mg sodium.

Associated Press



Italian-style hummus with diced tomatoes. AP Photo

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SHARPEATS

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SASKATCHEWAN FOOD SCENE

Is chocolate ever just chocolate?

By Jenn Sharp

"Chocolate equals sex," Jenn Sharp.

A male friend said this to me recently while we sampled treats from the Saskatoon Inn Garden Cafe and Lounge's newly remastered chocolate buffet.

Does it really? I suppose I'm ready that a certain percentage of women would reflect on chocolate than have sex (maybe they need to find a new partner) but when a man says he wants to bring you to eat chocolate, is there no temptation running in the message?

Chocolate body paint, chocolate mint mousse chocolate — it's a never ending list for some, chocolate is never just chocolate. For others, it's a moving technique. For women, it just makes all of life's little challenges that much easier to forget about. (Bed is hard? A truffle will fix that!)

That's why I brought a man to the chocolate buffet. I know how women feel about chocolate (we'll take it anytime, anywhere) but how do men feel?

My partner in crime that night was eloquent in his explanation:

"Men have their walls up all the time," he told me. "Chocolate is something we can be honest about and say we love."

However, the vast chalren on the beautifully arranged buffet line was too much for my friend. Two buffets — one for white, one for dark chocolate — were flanked by two rows of fresh fruits (berries, citrus, the winter choice), a selection with a variety of toppings. The room was so full of mouthwatering we were poached pretzels, tart tarts, truffles and pralines in various fruit and nut combinations imported from France. Food's a whole exciting world!

"Men are such simple people," he said. "We're happy with one or two options. We don't need a whole buffet!"

Never one to complain, I tried to keep calm and wanted to try one of my options.

The hotel's pastry chef, Yves Laroche,



The said chocolate buffet at the Saskatoon Inn. Photos: PHOTOS BY GREG PINDZ

who has worked there for 13 years, prepares about half of the delicacies in-house; the rest are sourced elsewhere. (Vadigayil is the only right to indulge in the buffet.) A pass also to another delicious option for chocoholics: Bernard Callebaut offers two types of truffle parties: one in its Riel Centre shop and one in your workplace. (The private parties in their shop are currently booked for the rest of 2013.)

The deal is you get a group of 10 people together and for \$100 you get to try uncooked samples while learning how to make truffles. Here's the fine print:

You enter the chocolate shop there the close is locked. You are trapped in a chocolate shop with uncooked samples," states Bernard Callebaut's

White the chocolate buffet is a definite sensory overload believe it's one of few in the country) there's another delicious option for chocoholics in the Queen City Chocolates by Bernard Callebaut offers two types of truffle parties: one in its Riel Centre shop and one in your workplace. (The private parties in their shop are currently booked for the rest of 2013.)

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At the end of the 90 minutes, you

get a belly full of chocolate and a bag of truffles to take home.

If you've ever attended one of these parties I'd love to hear about it

on [Facebook](http://Facebook.com/thisstarphoenix).

To book a truffle party, email callebaut@sasktel.net or call 306-585-2462. For chocolate buffet reservations call 306-974-5613. The buffet is \$25-\$30 or \$17.50 with a meal.

www.saskatooninn.com/chocolates

ASK ELLIE

Separation anxiety cause of couple's breakup

Q I'm a college freshman and have dated my high school boyfriend for four years, since starting high school.

Our relationship is 100 per cent emotional — no sex — because I wanted to wait until marriage. We're both virgins and respected each other.

We get along with each other's families. We were inseparable best friends.

We planned to stay together during college, though he's two years away and my community college is in our city.

On our last night together, we both cried and laughed. He said he'd promise more than anything he'd be home every week and I'd visit him a lot.

It's days until our first week apart; he calls and we've both saying that we have each other so much that distance means nothing.

A half-hour into that call, he's saying the past doesn't know about distance, the week was way too hard being away from me.

He was hysterically crying and saying he didn't want to do that, but he broke up with me.

He seemed afterward saying he still loves me and it hurts him to let me go.

A week later we're texting and calling as friends.

Everyone's saying I should be angry with him or just give up. But I don't. I know there's no after-work; he still loves me.

He said maybe during Christmas break we could see how his feelings stood at then.

I won't give up on him unless all hope runs out. I'm past heartbreak so bad. Why isn't we given distance a try? What do I do?

Numbered in New York

As I beginning as early as the separation this sort about his not loving you. It's about the emotional wrench from the security of your close, monetized relationship, and suddenly plunging into the confusion of strangers, chaos and social pressures, all while seeking a new place.

Stay close, he needs your support. If he tries "physically" signs tell him not to focus on the distance, you're only a text or call away, but if he's overwhelmed by all that's going on, he will seek alcohol. Services like a talk, they're experienced with the peer issues on new students.

When he settles into school, ask if you can meet if not, tell him probably he loves for Thanksgiving. Think about his adjustment then. Once he's feeling better about himself you can ask if he still feels connected to you.

Q My husband's parents exert heavy influence on him, through their religion, culture

Ask Ellie



and family "traditions." It seems there's never a weekend we can be on our own or go away.

Sometimes we can't even see a movie because of what he MUST do to keep them from accusing him of neglect.

I want him to set some boundaries about "our time," but he won't, he says it'll offend them.

Fed Up DIL

Q: They're all offering you big treatises on sex and respect in relationships. That's nice for AT&T, but the relationship involved here.

The sex itself is a couple months in the "primo" stage, we're still working on their own to be entertained, and where private moments.

He needs to ease his parents into the role of extended family which means second or third for him; there's an emergency or illness that requires extra attention.

A daily phone call or email is more than enough communication between the generations — but it may also be too much.

When the parents are trying to be with and understanding, you can have a great teamwork. But when they're too intrusive... investment banks, which can have the marriage.

Q: I've left my job and I read your column daily. I wasn't my dream job, which is helping people, like giving them advice. People always said I'm good at giving advice, and I love it too.

Do you have any tips or things you could suggest for you to do/dream?

Career Reader

At giving advice comes with a lot of responsibility — for example, to have some life experience yourself so you're not just talking about theory, but in addition to the kinds of advice you're giving in the advice, do you have your own and to build a body of knowledge and attitudes that form a consistent approach to life's problems?

Like any other job, it needs some skill growth. You won't worsen your education, but courses in social work, counseling, or other "helping" fields tend to be the advisor giving direction.

Then you need a dozen — a blog, newsletter, radio show etc.

Good luck!



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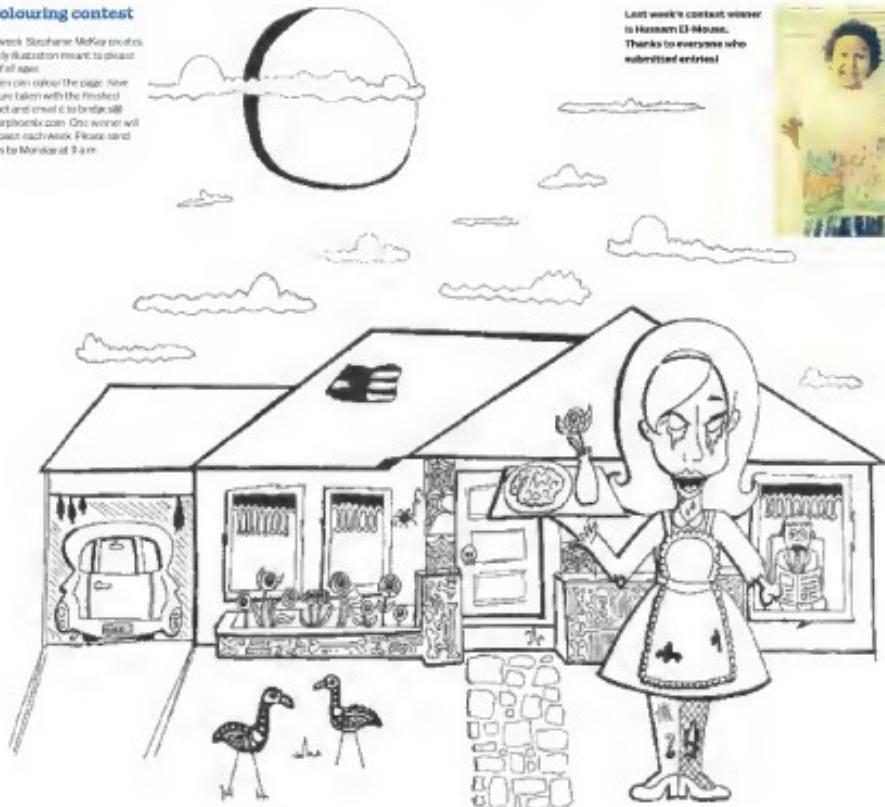
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Of** **OUTSIDE THE LINES**

Colouring contest

Each week Stephenie McKey creates a timely illustration meant to please kids of all ages.

Children can colour the page, save it as a jpeg file and email it to brittie@phoenixonline.com. One winner will be chosen each week. Please send entries to McKey at 9 a.m.

Last week's contest winner
is Hassan El-House.
Thanks to everyone who
submitted entries!





Next week in **BRIDGES**

Saskatoon nurse Sara Agah finds true love with pop star Michael Franti at a Regina concert

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City of

Saskatoon The StarPhoenix

EVENTS

MUSIC

Wednesday, Oct. 16

The Beatles

Broadway Theatre,
713 Broadway Ave.

Rig Dave McLean

Beats on Broadway,
817 Broadway Ave.

**Peets Series: Tony Dekker w/
Great Lake Swimmers**

The Basement,
203 Fourth Ave. N.

**Northwest w/ Myles and the
Blankz**

Wenatchee Tavern,
801 Broadway Ave.

Thursday, Oct. 17

Kiran McDonald

Crackles Restaurant and
Lounges,
411-221 Pritchard Dr.

Rig Dave McLean

Beats on Broadway,
817 Broadway Ave.

Roots Series: David Francey

The Basement,
203 Fourth Ave. N.

Dan Treli

Louis' Pub,
814 Campus Dr.

**David Brenner w/ Greg
Kingdom**

Wenatchee Tavern,
801 Broadway Ave.

Friday, Oct. 18

Rig Dave McLean

Beats on Broadway,
817 Broadway Ave.

**Plane Prätig w/ Paul Bal-
lantyne**

Roots Series: Joe Petrucci

Roots Series: Jeff Petrucci &
Jeff Behrweiss A Turn to Arts

Sculpture and Song

The Basement,
203 Fourth Ave. N.

Band Wagon
Army & Navy Veterans Club,
329 First Ave. N.

Hanfield Barbers' Centre,
1037 Pritchard Court

Scrap Boombah Trio
Michelle Robinson,
3136 Eighth St. S.

Lounge Wizards
Teen Town Tavern,
3310 Franklin Dr.

George Gobin w/ Holy Grail
and Lazar Wolf

Jazzes Centro,
803 10th St. E.

**Katia Matthes w/ Michael
Fassbender**

Wenatchee Tavern,
801 Broadway Ave.

Changer w/ Pigman Park
Rock Bottom,
8345 Broadway Ave.

Kathy Reid

Peggy's Pub & Grill,
3220A Mayfield Rd. N.

Urban Outfitters

Steer's Place,
100-110 Ruth St. E.

Big Dave McLean

Beats on Broadway,
817 Broadway Ave.

Jazz Singer Fest
The Basement,
203 Fourth Ave. N.

Oktoberfest Britwood
Autumn Leopis,
3521 Louise St.

Band Wagon
Army & Navy Veterans Club,
329 First Ave. N.

The Hamps
DownTown Legion,
506 Spadina Critz. #8

Industria Andra

Michele Robinson,
3136 Eighth St. E.

**Method Men & Red Men w/
Pimpstar and DJ Klass**
The Olson Events Centre,
341 Second Ave. S.

**Sevage Harry and the In-
finities: Gina Prendergast**
Amigos Cantina,
632 10th St. E.

24th St. Walkers
Teen Town Tavern,
801 Broadway Ave.

Kelly Reid
Peggy's Pub & Grill,
3220A Mayfield or N

The Chickadees
Budget Bar & Grill,
1034 Princess Dr.

October Wiz w/ Ben Parker
and Kaitlin Heather Lauren
Rock Bottom,
8345 Broadway Ave.

Urban Outfitters
Steer's Place,
100-110 Ruth St. E.

Shambala, Oct. 19

Dr. Vireo
Vaseline Legion,
3021 Louise St.

**The Pretty Seniors w/
Heaven's Sensors**
Loud's Pub,
103 Campus Dr.

ART

Mandal Art Gallery

Through the fall at 9:55 Spec-
trum Critz. #1. Fall presentations,
spontaneous karaoke Ltd., in-
cludes revisiting Modernity, an
examination of modern and

contemporary art from the
1960s to the present, while
the gallery is closed for a few
months for renovations.

2060

Until Oct. 31 at 3000 Ave. G.

St. Isaac Day light by Robert
Yeats.

AKA Gallery

Until Oct. 19 at 420 203rd
Ave. N. Works by local artist
Caroline and built to spec.
by Arion Schools. Through a
series of drawings and instal-
lations that reference scul-
pture, Structure addresses

senting a wheat field by Corp
Schwartz and his mentor,
Bruce Montomberox.

SCAMP! Gallery

Until Oct. 18 at 253 Third Ave.
#3 The Pulse behind the Paint

An examination of the programs and services provided by SCAMP! Yesterd & Last by Marlene Taubensee open Oct. 18 and runs to Nov. 8. It also looks at the usefulness and beauty of discarded materials.

**Different Strokes Art Show
and Sale**

Oct. 18, 4 p.m. to 9 p.m.; Oct.
19, 10 a.m. to 4 p.m., and Oct.

20, 10 a.m. to 4 p.m. at Grace
Wesley United Methodist Church,
5000 18th St. E. Works by local
and visiting artists.

Artists Group Artists include
Kris Antonsen, Terry
Moore, Alma Bryant, Marion
Phaus, Daniel Kraszny,
Diane Smith, Jana Martin,
Wendie Daley, Agnes Irwin,
Mary Butler, Phil Shahn, Da-
mont and Shabani Topp.

Gallery on Third, Wenatchee

Until Oct. 18 at 103 Third Ave.
E., Wenatchee. Art by Thaddeus
Curtis, Eric Story, The Small
Taste. Sponsored by Wenatchee
Art & Arts Council.

Diamond Bell Gallery

Until Oct. 19 at 405-105 21st
St. E. New works by Jon Fe-
riedt. Among these newworks
are bronze casts of dolls, pigs,
cows and horses.

2060

Until Oct. 31 at 3000 Ave. G.

St. Isaac Day light by Robert
Yeats.

Northern Landscapes

Oct. 25, 7 p.m. to 10 p.m. and
Oct. 26, 10 a.m. to 4 p.m.,

at Vnuu at Kadanes des
Frenchtown at 208-200 Fourth
Ave. N. Works by local landscape
artists Cam Foster, Greg
Hargrave, Paul Hotzler,
Roger Trotter and Ivan Van
Isch, also known as the Man
Who Paints, will be hosting a

showing of paintings from

their studios over the last
year, including Saska In-

nings, Prince Kaha, and
Julie Park, Echo Lake, and
Le Rang.

Saskatoon Printers Club

Oct. 25, 6 p.m. to 8 p.m., and Oct.
26, 10 a.m. to 4 p.m., and Oct.

and processes, and built to
spur portraiture under-
standings of scale.

Central East Galleries

Until Oct. 20 at The Centre, A
display by Bridge City artists,
works by local artists, and
work by Saskatchewan artists:

Guild, Makin' Pets!, Debbie
Kempel, Natalie Austin and
display from the Saskatoon
Public School Board.

The Gallery/Wall Placement

Until Oct. 24 at 228 Third Ave.
N. Known by heart, a life-sized
painting by painter and landscap-

e artist Lorrie Russell.

Reflections of Nature 2013

Oct. 24-27 at Pritchard Park,
The 23rd annual Fall Art Ex-
position, Come and go, picnics

picnics by the Saskatchewan
Wildlife Artists Association
inc. Bird, fish and animal
carvings, wildlife sculptures,
painting, drawing, photograph-
y, and a junior art competi-
tion based on wildlife, natural
and domestic subjects. Entry

registration Oct. 24, 10 a.m. to
8 p.m.; wine and cheese gala
Oct. 25 at 7 p.m.; banquet
Oct. 26, 9 a.m. to 4 p.m.; and Oct.
27, 9 a.m. to 4 p.m.

Watrous Library

Through October at Watrous.

Academic Scholar Seasonal
art by local artists. Sponsored
by Watrous & Atches Arts
Council.

**Station Arts Centre, Stan-
tham**

Through October at 701
Bridgeway Ave., Southern Gar-
den Inn immediately by Lindsay
Armed. It is an OSAC touring
exhibition.

The Hand Wave Gallery

Until Nov. 7 at 409 Third Ave.
Moseley. Quintessential, a
colorful and meditative exhibi-

Affinity Gallery
Until Nov. 9 at 118 Broadway
Ave. Work from an exhibition

of new work by Carolyn Miller
from discarded dictionaries
and encyclopedias. A recep-
tion will be held Nov. 9
from 7 p.m. to 9 p.m.

**The Ark, Prairie Mon-
tane Library**

Until Nov. 14 at 301 28th Ave.
E., Fairview. Spaces by Cindy
McMains-Pfeifer.

Memphisto House Showcases

Until Nov. 30 at 110 Broad-
way Ave. Prairie Impressions:
original watercolor paintings

by Terry Unday.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Ukrainian Museum of Canada

Until Dec. 31 at 910 Spadina Ave.
 One-E-Minus Government & Peacekeeping Paper Currency of Revolutionary Ukraine 1917-1922.

Diekemberger Ceramic Centre

Through December 19
 Diekemberger Pottery - Reach the Sky - Story of zero
 Canadian artist and producer exhibit encourages visitors to look beyond the everyday surroundings of the Aéro Drive, and focus on the history and accomplishments of Avro Canadair.

Black Spruce Gallery

Downhill through the River Valley Northdale Artwalk on Highway 2, After glow, a group show featuring fall images and colours of the boreal Lolekend region.

SPECIAL EVENTS

Ladies Auxiliary Fall Fair

Oct. 18, 10 a.m.-4 p.m., at Nutana Legion, 3021 Louise St. With live piano, a coffee table, a raffle and a 50/50 draw, everyone is welcome.

Imagine No Violence Day

Oct. 18, 12:30 p.m.-4 p.m., Mayfair United Church, 903 33rd St. W. Presented by studio XI Music & Dance Co. With performances by Codie Prevost and Stephen Maguire. All proceeds will go to the Red Cross Imagine No Violence campaign.

Mammeth Rock Fest

Until Oct. 12, 9 a.m. to 6 p.m., at the German Cultural Centre, 100 Cartwright Ave. Hosted by The Canadian Federation of University Students. There will be thousands of books on all topics as well as CDs, tapes, videos and DVDs.

Grandmothers 4 Grandchildrens Patriotic Sale

Oct. 19, 9 a.m.-4 p.m., at 101, 103 and 105 10th Ave. C-100. \$5 cash or cheque only. All proceeds go to the Stephen Lewis Foundation to aid grandmothers in

Africa who are raising their grandchildren, who have been orphaned by HIV/AIDS. Donations of unused fabrics, clothing, linens, towels, bedding, jams, jellies, knitting needles, thread, notions and enders, old items can be dropped off at the church on Oct. 17 from 9 a.m. to 6 p.m. To make other arrangements call 306-392-2352, 306-323-3210 or 306-343-9446.

Chitauze Craft Fair

Oct. 18, 10 a.m.-to 10 p.m., Oct. 19, 10 a.m.-to 9 p.m., at the Western Development Museum. With more than 80 artisans and crafts offering a unique display experience with a variety of items. Many artisans were self-taught and many started from scratch. Items include Saskatchewan gifts to Grandmother's boxes, with and including to grandmothers in Africa.

V.A.T. First Annual Anthony and Matia Night Fundraiser

Oct. 18, 10:30 p.m.-to 9:30 p.m., at Albert Community Centre. A night of music and art, with a live art auction and a silent auction. V.A.T. for Handi-Women's Association.

Anthony Tuck is a registered non-profit human rights charity. Funds raised will pay for in-country travel expenses, medical and supplies. To purchase tickets or to make a donation email VATfirstnight.com or visit www.handiwomen.ca.

Caronnesmeier, www.vatfirstnight.com

De Moltby's Anti-Art

Salebook Under the Big Top Oct. 18, 7-9 p.m., at Free Flow Dance Centre, 234-236th St. W. For ages 14+ - featuring circus and clowning and traditional and contemporary folkloric arts. The circus club will perform, with performances, music, a kitchen contest and a raffle. Bring a chair. Dressing experience N is required.

Bobbi Malone Foundation 30th Anniversary Celebration

Oct. 18, 5 p.m., at the University Club at the U of S with a formal dinner reception to Diana Jones-Kirchweil.

and the recognition of Dennis Bellring and Evelyn Nessdale. Donations are requested to help sustain and grow their activities and arts programs. Email pauline@chitauze.net or call 306-336-7647.

Starry Circle for Adults

Oct. 18, 10:30 a.m., at the University Centre, 210 Second St. W. Hosted by the Saskatoon Starlighters. An evening of fun, fellowship and entertainment. It is for the entertainment of those who like the time to reflect on issues for success. Participants become even prouder they promote the economic independence of disadvantaged women by providing professional skills training to help women support their families. With a stock costume offered by Saskatchewan Gift to Saskatchewan and an evening of carolatas.

Rogers Party

Oct. 18, 6-9 p.m., at Curious Events, 100 10th St. W. Presented by Seikatsu Home. With Great Gatsby-themed games, Roaring 20s dress and a 1920s jazz band.

Oktoberfest

Oct. 19, 10:30 a.m.-to 8:30 p.m., Oct. 20, 10:30 a.m.-to 4 p.m., at Nutana Legion, 3021 Louise St. 50th Anniversary Fundraiser with music by Greenfield.

Pretzel Pop Spectacular

Oct. 19, 10:30 a.m.-to 7:30 p.m., at the University of Saskatchewan computer planet, www.pop.sus.sask.ac.ca. Performer performs his original compositions set to orchestral arrangement, along with well-known classics from genetic goals including Janis Joplin, Jimi Hendrix and Eric Clapton. The University of Saskatchewan Orchestra.

Toots of Africa

Oct. 19, 10:30 p.m., at Alton Church, 419 Simon Fraser Rd. A Mississauga fundraising supper a fully costed African meal. With special guest speaker Carl Gondwe. Carl will share his experiences from the Republic of South Africa.

Berndt's life needs him an adventure and his reminiscence of these encounters and lessons leaves a keenness of Carl's presence in the life of Diana Michelle St. Bernhard.

Classical Theatre Night

Oct. 20, 7:30 p.m., at Greve Auditorium, in the U of S Arts Building. One woman's

marriage United Church. The second concert of the season Hosted by the Gallaudet Foundation featuring local musicians performing music they love.

Showcasing Our Business

Oct. 20, 5-9 p.m., at the University Centre, 210 Second St. W. Hosted by the Saskatoon Chamber of Commerce. An evening of networking and fun that's free! The time to reflect on issues for success.

Men's Cooking Classes—Level I

Tuesdays Oct. 22, 23 and 28, 6 p.m.-8:30 p.m., at Curious Events, 100 10th St. W. Hosted by the Saskatchewan Council on Aging and Saskatoon Home Economics. A small group of men gather to prepare meals that are simple, easy and quick to prepare. Many ingredients are provided. For information from Living Simply a handbook prepared by Seikatsu Home Economics for adults, www.seikatsuhome.ca.

Professional Development: Improving with Visual Tools

Oct. 22 and 23, 10:30 a.m.-4 p.m., at the Kinsmen Art Centre, 100 10th St. W. The course of two evenings. This session will review the tools and techniques that have made me one of Canada's most sought after speakers. I will also share my personal and internationally acclaimed artwork. Participants must have some playwriting experience and lessons learned. Includes one ticket to the October 26 performance of *Man of Clay* by Diana Michelle St. Bernhard.

Through the Eyes Oct. 22, 7 p.m., at Heathy Wimble Theatre, in the U of S Arts Building. One woman's

pursuit of justice, forgiveness and healing. Author Sherron Horner talks about her memoir *Oldtimers* is free.

Speechreading and Interpretation for the Hard of Hearing

Oct. 23, Nov. 13 and Dec. 11, 10 a.m.-to 11:30 a.m., at Saskatchewan Deaf and Hard of Hearing Services, 3-51 First Ave. N.W. Hosted by the Saskatchewan Association for the Deaf. Information form 306-349-0327.

THEATRE

Seikatsu

Oct. 23-25 at The Refinery. Written by Alan Seeger. A world premiere. A man with a terminal illness. The production in the near future. Torch has been quarantined after testing positive for a terminal disease. His girlfriend, Dixie, who has not been infected, makes the dangerous journey every two months to the suitcase she has created for her partner. She wants to be with him until he dies. Love, language, adult situations and nudity. Herself especially will be on stage.

Saskatoon Beeps

Oct. 23, 9:30 p.m., at Broadway Theatre. The Improv comedy troupe performs.

Surprises

Oct. 23-25 at the John MacEwan Building at the U of S. A Groundhog Theatre production. Written by Sarah R. and Michael D. Gondwe. An older mother in a modern North American setting. The tale of Groundhog's desire to leave Hades and Onpheus's relentless attempts to bring her back to life.

SPORTS

Pop Grande National Finals

Oct. 18-19, 7:30 p.m., at Credit Union Centre. Presented by BMO. Open classes. With Canada's top 35 professional curlers, there is a chance to win \$10,000 and a chance to be named the Canadian National champion and take home a \$10,000 bonus for winning the national title.



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SPACES

Spaces celebrates beauty both indoors and out. If you have a space we should highlight email bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

Ad agency promotes creativity in Adilman Building

By Angelina Irinici

WHO? Michelle Nelson, president of local advertising agency Tap Communications and Starts Development.

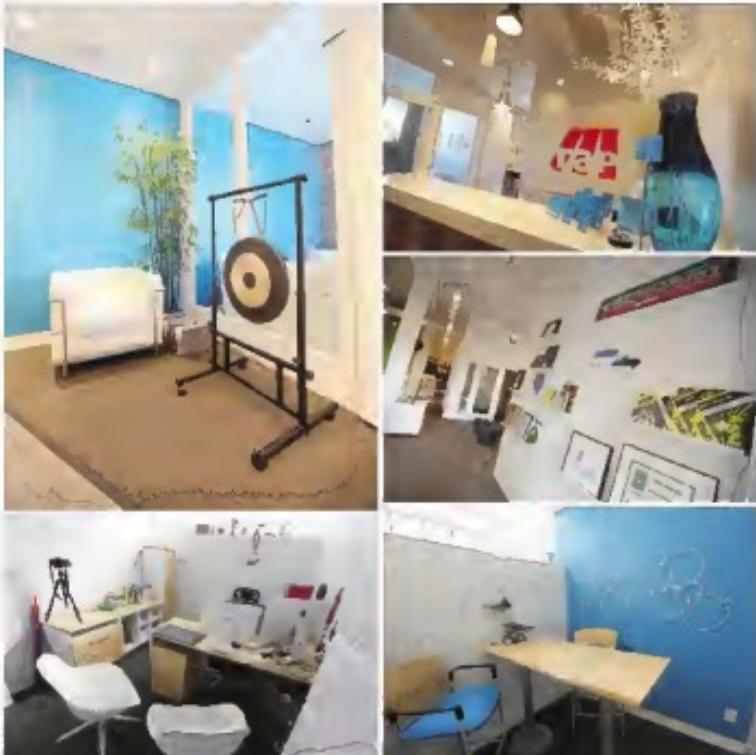
WHERE? On the second floor of the Adilman building on the corner of 20th Street E. and Avenue R in Saskatoon's Riverdale neighbourhood.

WHEN? Nelson first looked at the building in July of 2012 and signed a 10-year lease almost six months later in December. The agency moved in as the first tenants on June 1, 2013. They are still working on finding a few more partners and Tap Communications is the only tenant right now, but others will be occupying the lower floor later this year. When Nelson first looked at the building it was empty — no windows, no lights, just bare walls and open spaces.

"It was really exciting for me to be able to look at the entire floor and choose which corner we wanted ... [and] how much space we needed," explains Nelson. "I knew that I wanted it to be more of a creative space and less formal; more collaboration, have a better flow so that people could come together in different kinds of ways." Employees' offices and desks were strategically placed first, and then other details followed.

WHAT? The historic Adilman building, which was built in 1910 and was home to Adilman's Old-Department Store. Since the store closed in 1945, the building held an antique shop, a farmers' market and a bingo hall. It sat fairly empty in various guises before Tap Communications moved in after renovations took place in 2010. □

"It's a reminder that this building was available to be renovated and offers us to design a from-scratch so we could build our creative space within a historical space," Nelson says. "It's a comic wonderland how the energy of the neighborhood is evolving each and every day."



SPACES



The 3,800 square foot office has white racing stripes and exposed beams, some of the space a softer loft feel. There's a plenty of natural light and made from the pipes the small glass block windows are the only remnants left of the original building. All new phones, monitors and computers were purchased. The space is modern and inviting with unique yet practical details throughout. We feel so fresh and hidden cool feels.

"You need an environment that fosters creativity, having a space where people can connect with each other just helps support the work that we do."

The large open-concept room is complete with foldable chairs and tables that nest together when extra space is needed. A south facing deck is used for outdoor meetings or lunches.

WHY? Nelson kept a few themes in mind while planning the innovative, spacious, open-space, creative and a happy work life. Little things go a long way. A margarita maker makes clients feel at home. The staff says a going-to-colleagues an achievement, and a candy — the warmer a key colour — is found throughout the space in plastic jars. The large front entrance logo can be changed to different colours depending on the client or occasion. Nelson chose a square office so clients can walk through the space and meet employees on their way to the breakroom.

"We've got our service set up so there are different levels of functionality for meetings," she explains.

A more informal meeting spot takes place in the meeting room with green softs and comfortable couches with a salient arm for laptops, notes or a cup of coffee. Personal clients in modern leather and green idea board and calendar all help to create an energetic, creative — Nelson's biggest goal in renovating the space.

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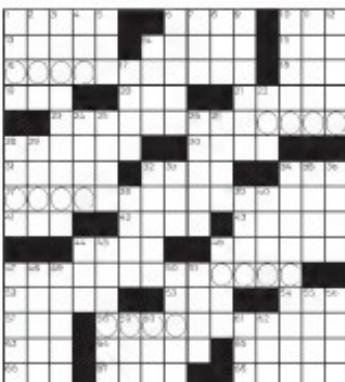
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CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 "Hedden" villain
- 2 "Horror" s.e.
- 3 One known as "The Big Bad Wolf"
- 4 "They..."
- 5 Metal sport, perhaps
- 15 Word carries double sense
- 16 Crochetic c.
- 18 Mike and ... (joints)
- 19 Form: Brit. Answer to which
- 20 "Dinner" (four-letter word) Recently found in *The New Yorker*
- 21 Founder of business developing in song
- 23 "It's a wrap!"
- 24 "I'm a..."
- 25 "Dinner" (last)
- 27 First, originally
- 29 "Mark" (game?)
- 34 May be attracted to antecedent in text
- 37 The size, fitness of Miss, maybe
- 43 Want to waste?
- 44 Name: Are Herat
- 45 "Dinner" (last)
- 46 "Dinner" (last)
- 48 "Card" (adult)
- 49 A (in eight), used one
- 50 "Pregame"
- 51 "Former" (in two words)
- 54 "Independence Day" (writer)
- 55 "Aster"
- 56 Unpredicted by critics
- 57 "Please stop the press on the back of another bill"
- 58 "Incurable" —
- 59 Made local
- 60 "The Japan... (etymology)" sake
- 61 "Presto"
- 62 "Laugh a dogie in" — "The Gold House Boys"



PUZZLE BY WILL SHORTZ

DOWN

- 17 Legal insurance
- 20 "House arrest"
- 24 Just slightly
- 25 Paul Romano and *Law & Order* setting
- 26 "Moral" s.p.
- 27 Baby powder
- 28 "Dinner" (last)
- 29 "Incurable" disease, for short
- 30 Sets dinner table
- 31 "Leave well" alone
- 32 Takes the cake
- 33 "Dinner" (last)
- 34 "Dinner" (last)
- 35 Part of a visible diet
- 36 "Dish" (adult)

- 42 Level
- 44 "The Eagle that would fly"
- 45 Plus, plus
- 46 "House" (adult)
- 47 Strong stand
- 48 They can see right through you
- 49 "Dinner" (last)
- 50 "Hawk many brofests are sold"
- 51 "Fever" (adult)
- 52 "Gentry" (adult)
- 53 "Dinner" (last)
- 54 "Dinner" (last)
- 55 "Dinner" (last)
- 56 "Dinner" (last)

JANRIO CLASSIC SUDOKU

Level Silver

Given the initial cells, using numbers 1-9-R, each number can appear once in each row, column or 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from Beginner (most) to Expert (hardest).

2	6	3		5		4		
5			7	9	1			
6		4				9		
		5	1	3				
4			3			5		
	2	5	8				1	
3			4	5	2			
9		3			7			

Solution on the
crossword puzzle and
the Sudoku can be
found on Page 21

WINE WORLD

PERRUNO

Flavourful Italian syrah is a perfect food wine

By James Romanow

Perruno is a wine I have been drinking for several years now and it is labelled as an IGT (Indication Géographique Typique) wine. It's made from 100 per cent syrah grapes in Tuscany.

Syrah (or Shiraz) is a really fine wine that deserves the massive popularity it enjoys today. However, it could stand a little refinement, as any number of winemakers like to vanity at part time levels of ripeness.

Traditional Italian wines, made under the DOP (Denominazione di Origine Controllata) system have specific quality controls. Although Perruno does not have the traditional DOP, it still uses most IGT standards. More over, it is made by Italians, and every Italian sommelier knows that you need stability to make a decent wine.

Essentially alcohol and acidity are at opposite ends of the wine style. If you want to lower sugar levels, you will get a brighter, fresher wine, that pairs well with food more easily. Higher alcohol levels from riper grapes tend to wreck the Rubenstein velvetyness, if not done right (duh).

Perruno is somewhere between those two poles. It even more in the New World wine style than in the traditionally fine, low sugar house wines of Northern Italy. It starts with a



berry nose, hints of tobacco and spice, followed by a huge mouth filling palate so loaded with tannin it makes rehydrating your tongue.

The acidity is clean, bright and clear, and the tannins controlled. The finish is long and spicy, beginning on the tongue. This is a wine on its tightwicks and it makes the crossing seem easy. The result is a great food wine. If you've given up on syrah dispairing at the modern brutal palate, look no further for relief. Perruno is a truly fine wine.

Perruno Poly. 2009 \$15 *****
More info in Monday's StarPhoenix or on Twitter @drjames

Crossword/Sudoku answers

I	E	F	A	U	N	I	S	
A	M	O	R	E	S	C	O	R
W	A	M	E	N	D	I	L	E
S	E	T	J	A	N	D	O	Z
P	E	T	E	N	I	H	E	M
P	E	T	E	N	I	H	E	M
A	T	E	M	P	O	O	L	L
G	A	P	O	D	E	S	T	O
E	S	O	P	S	P	E	T	I
L	E	T	S	A	D	E	S	T
E	X	T	E	S	A	N	G	R
A	R	O	N	A	N	E	R	O
S	A	T	E	N	E	A	T	E
E	V	E	V	E	E	T	O	T
I	S	D	E	C	E	T	H	O

3	1	7	6	5	8	2	9	4
2	6	9	3	4	1	5	8	7
5	8	4	2	7	9	1	6	3
6	7	3	4	2	5	8	1	9
8	2	5	9	1	7	3	4	6
4	9	1	8	6	3	7	2	5
7	4	2	5	8	6	9	3	1
1	3	8	7	9	4	6	5	2
9	5	6	1	3	2	4	7	8

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